

## Guidelines for dry tooth brushing

- Children under 3 use no more than a smear of family toothpaste
- Children between 3 and 6 years use no more than a pea sized blob of toothpaste
- As there is only a small amount of paste used, there is no need for water or rinsing
- This allows small amounts of fluoride to remain in the mouth
- Place very small amounts of paste on the individual circles of the laminated clock face. This stops the toothpaste tube touching the brushes
- Toothbrushes must be stored in a rack with the bristles uppermost, this allows the bristles to air dry
- Family toothpaste containing 1450ppm fluoride is more effective in strengthening teeth and helps prevent tooth decay

